Twitter Thread by Ryan Breslow ■



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The spiritual path, a thread:

The spiritual path is not for the faint of heart.

It is both the toughest of life's paths and the most rewarding.

All journeys are unique.

But all lead to the same place: total love and oneness.

The path requires alignment of mind, body, and spirit.

All are a part of You.

One without the other leads to imbalance.

Recognize and nurture all aspects of You.

I'll show you how.

1/ Mind

Your mind is trying to process all available information to protect you.

The problem: it gets tripped up.

We live in a world of constant fear-based stimulation.

Most of modern society is designed to feed and profit off of your mind.

1.1/ Pause your mind

This is effectively what meditation is and why it's so powerful.

Some meditators use a mantra so as to have one repetitive thing to repeat.

This helps unwind cyclical thoughts.

It breaks the mind free from it’s shackles.

It stops the churn.

1.2/ Nourish your mind

Expand your knowledge (nonfiction)

Acquire wisdom (spiritual texts)

Learn new skills (music, sports, etc)

Gain exposure (documentaries)

All help strengthen and expand the mind.

1.3/ Be careful what you feed your mind

Your mind is not impenetrable; it’s just as vulnerable as your body and spirit.

Don’t feed your mind junk food e.g. drama series’s, mindless videos…

Anything that keeps you caught in a loop is designed to consume you.

Don’t let it!

2/ Body

Our bodies are not just sacks of meat and bones.

They’re hyper intelligent and have more going on than we can imagine.

One might argue that most trauma in the body is of direct relation to the mind and spirit.

It is our physical manifestation of our spiritual state.

2.1/ Focus on flexibility

Yoga has been around for thousands of years.

Why has it stood the test of time?

Because of its power.

Yoga will unlock your body, which unlocks your mind and spirit.

A flexible body means flexible thoughts.

2.2/ Do not poison your body

Alcohol, drugs, caffeine, pesticides.

To the body, all are toxic.

We have somehow decided that they are “ok” and normal.

I’m not sure who decided that, but count me out.

2.3/ You are what you eat

Your body wants nutrients from nature.

As fresh as possible with as few chemicals as possible.

Plants are great.

And, meat? Ask:

Are you eating an animal that bathed in fear and chemicals its whole life?

Or one that was healthy and happy?

3/ Spirit

This concept may sound unfamiliar.

Because for much of society, it is.

Since we were kids, we were told to repress our spirit and rely on the mind.

Spirit is your intuitions, feelings, emotions.

It’s your heart.

3.1/ Feed your spirit

Just like your body and mind, the spirit needs to be fed!

When’s the last time you blasted music?

Danced in the rain?

Acted silly and ridiculous?

All these things feed your spirit, keeping it alive and healthy.

3.2/ Heal your spirit

Repressed trauma is something we all have.

Keeping it repressed eats us on the inside.

Getting it out heals.

Meditative writing, therapy, counseling…

All help heal.

3.3/ Listen to your inner spirit

Your gut is your guide.

If something feels off, don’t ignore that feeling.

Figure out why.

To build your relationship with your spirit, start listening to it.

The more you practice, the clearer it will start communicating.

And that’s it!

The spiritual path is both unbelievably challenging.

And unbelievably simple.

It has been a secret weapon in building incredible companies.

And now I’m thrilled to share it with you all.

If you enjoyed this, give me a follow.

I am 27 and have build multiple unicorn companies.

My mission in life is to fix corporate culture and get the world dancing.

I tweet about the intersection of inner and outer work.